



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Pfaff, Mathias

Club: TopDev aktiv

Number: 1050

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:46

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 285 (of 686)

Rank in course/Men: 258 (of 543)

Best time in course: 29:39

Rank in category: 73(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Runde	2.00	9:48	4:54	66	3:23	234	3:46	2.00	9:48	4:54	48	3:23	161	3:46
Runde	2.00	9:15	4:37	60	2:43	202	3:18	4.00	19:03	4:45	47	6:06	160	7:04
Runde	2.00	9:48	4:54	79	3:08	278	3:53	6.00	28:51	4:48	47	9:14	159	10:57
Runde	2.00	10:05	5:02	88	3:37	307	4:10	8.00	38:56	4:51	47	12:51	158	15:07
Leichtathletikh	2.00	9:50	4:55	85	3:37	302	4:00	10.00	48:46	4:52	73	16:28	258	19:07